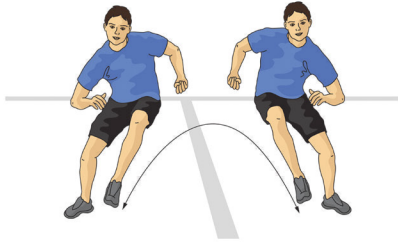


# 30 DAY CHALLENGE

## DAY 20

8 Rounds of 20 Seconds Work | 10 Seconds Rest

TABATA 1  
4 min

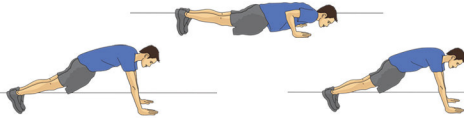


### LATERAL STEPPING

- 1 Begin in a standing position.
- 2 Bounce from left leg to right leg, moving side to side, not forward.
- 3 Gradually increase speed to achieve additional height and distance.

1 Minute Rest

TABATA 2  
4 min

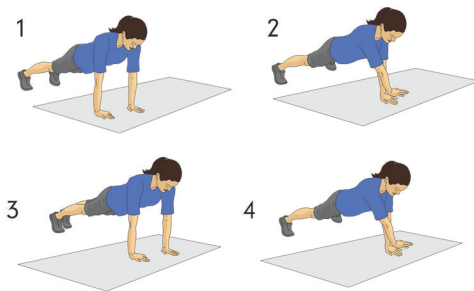


### PUSH-UPS

- 1 Begin in plank position.
- 2 Keeping back straight, lower body to ground.
- 3 Push body back up to plank.
- 4 Repeat.

1 Minute Rest

TABATA 3  
4 min



### SIDE WALK PLANK

- 1 Begin in a plank position.
- 2 Step left foot over, crossing right arm over the left simultaneously.
- 3 Bring left arm out, while moving right foot left to return to plank position.
- 4 Repeat.